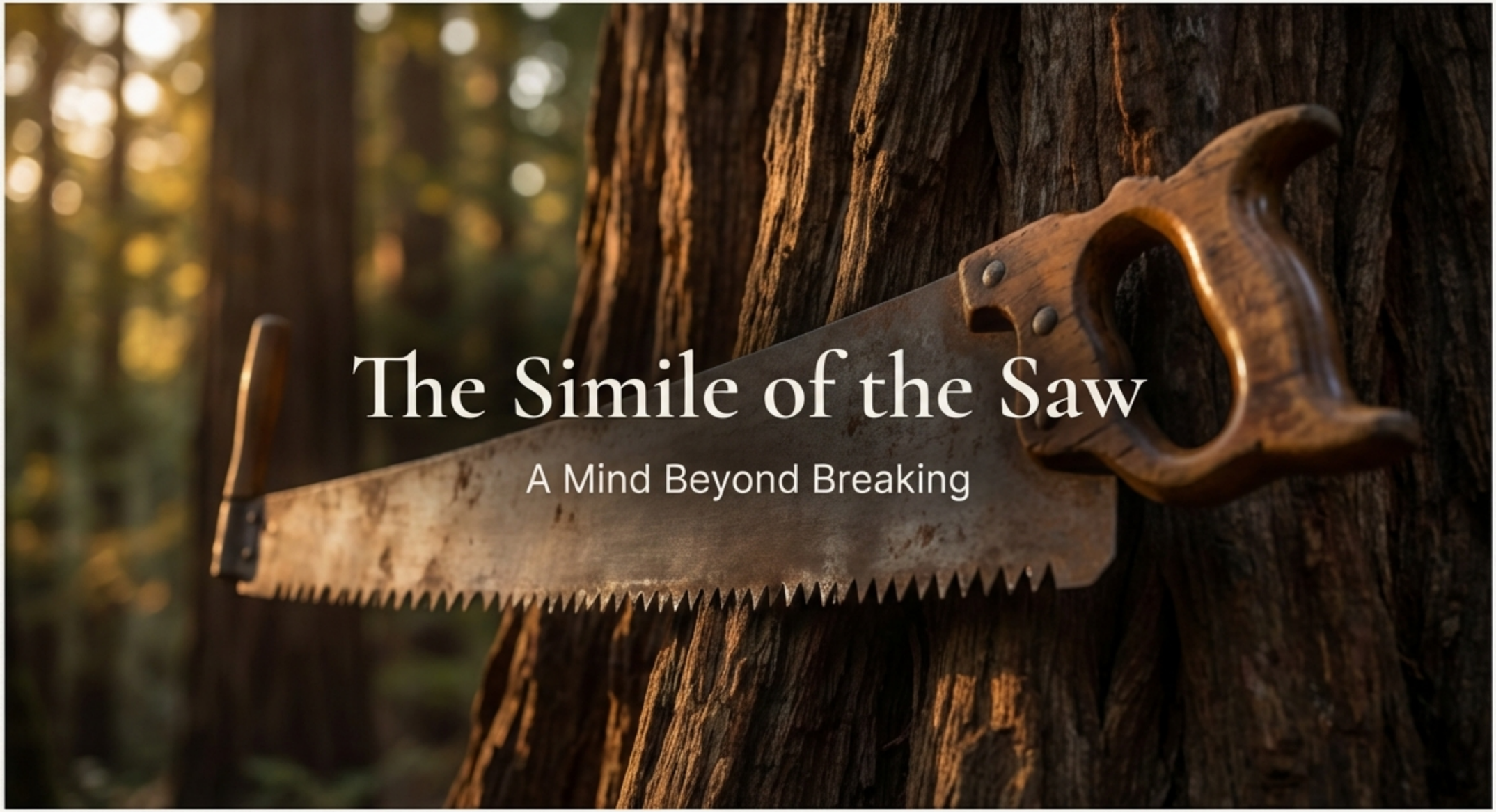

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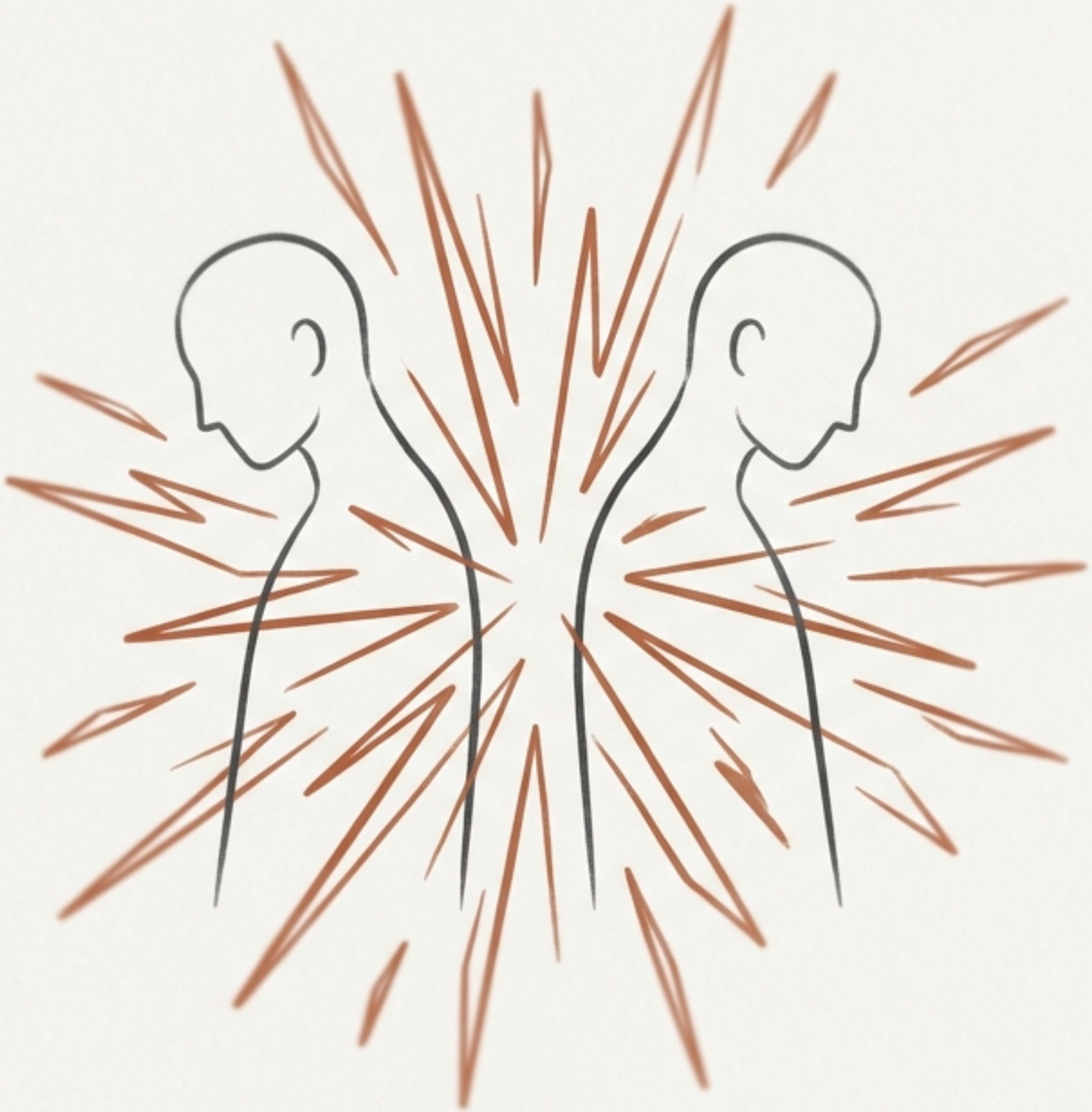


An Everyday Failing

At that time, Venerable Phagguna was spending too long mixing closely with some nuns. So much so that if any mendicant criticized those nuns in his presence, Phagguna got angry and upset. And if any mendicant criticized Phagguna... those nuns got angry and upset.

NotebookLM

The First Instruction

You should train like this: ‘My mind will not degenerate. I will blurt out no bad words. I will remain full of sympathy, with a heart of love and n no secret. That’s how you should train. Tnul hate.’

NotebookLM

The Mask of a Good Reputation

Right here in Sāvatthī there was a housewife named Vedehikā. She had this good reputation: ‘The housewife Vedehikā is gentle, even-tempered, and calm.’ Her maid, Kāḷī, wondered: ‘But **does she actually have anger** in her and just not show it? …Why don’t I test my mistress?’

NotebookLM

The First Test

So Kāḷī got up during the day. ‘Oh, so nothing’s up, you naughty maid, but you get up in the day!’ Angry and upset, she scowled.

NotebookLM

The Breaking Point

So Kāḷī got up even later in the day. Angry and upset, Vedehikā grabbed a door-pin and hit Kāḷī on the head, cracking it open. Then Kāḷī, with blood pouring from her cracked skull, denounced her mistress to the neighbors: "See, ladies, what the gentle one did!"

NotebookLM

When is a Person Truly Gentle?

A mendicant may be the gentlest of the gentle... so long as they don’t encounter any disagreeable criticism.

But it's when they encounter disagreeable criticism that you’ll know whether they're really gentle, even-tempered, and calm.

NotebookLM

The Five Ways Others Might Criticize You

Timely or Untimely

True or False

Gentle or Harsh

Beneficial or Harmful

From a Heart of Love or From Secret Hate

NotebookLM

The Unwavering Response

‘Our minds will not degenerate. We will blurt out no bad words. We will remain full of sympathy, with a heart of love and no secret hate. We will meditate spreading a heart of love to that individual. And with them as a basis, we will meditate spreading a heart full of love to everyone in the world—abundant, expansive, limitless, free of enmity and ill will.’

NotebookLM

A Mind Like the Great Earth

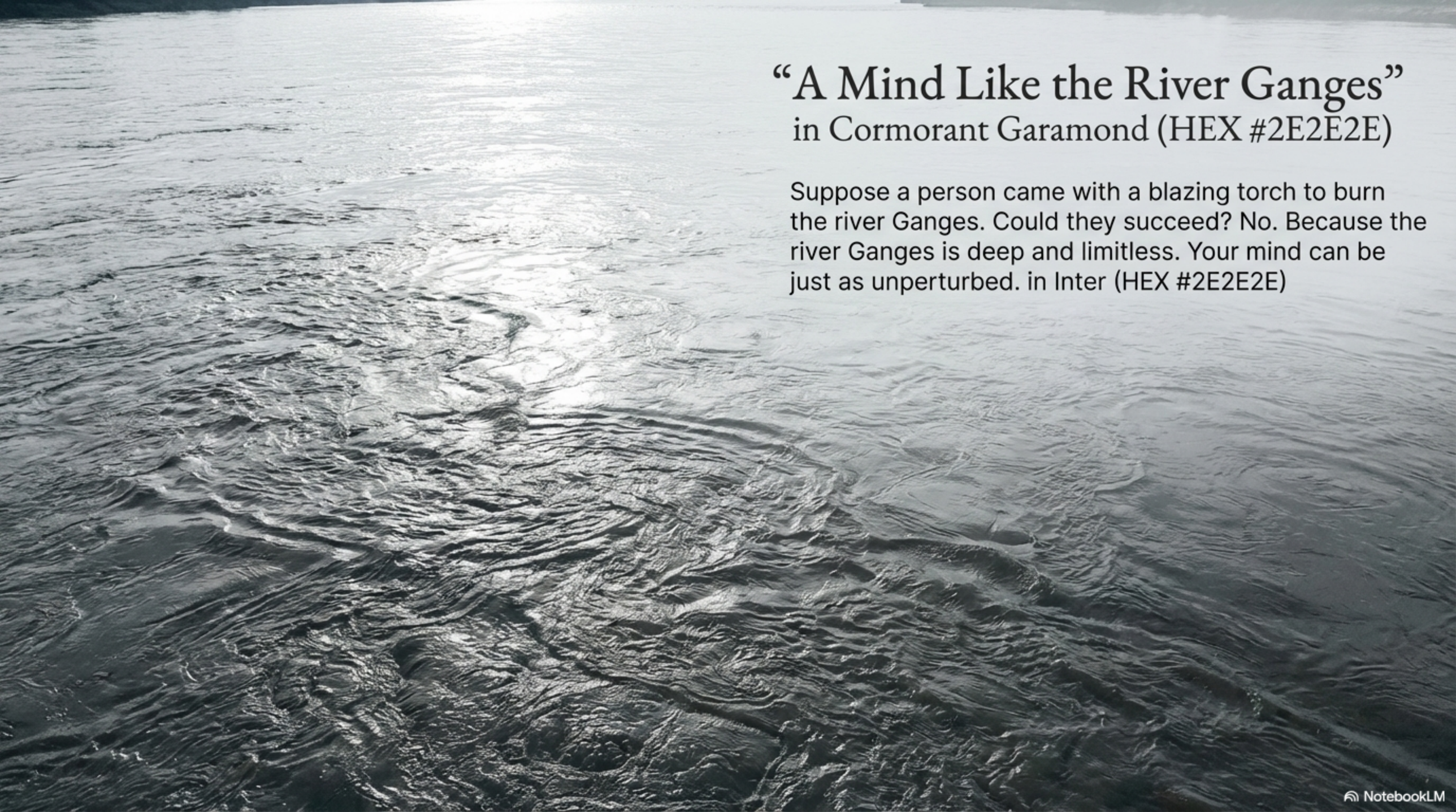
Suppose a person came with a spade to make this great earth be without earth. Could they succeed? No. Because this great earth is deep and limitless. Your mind can be just as deep and limitless.

NotebookLM

A Mind Like Boundless Space

Suppose a person came with dye to draw pictures in space. Could they succeed? No. Because space has no form or appearance. Your mind can be just as unstained.

NotebookLM

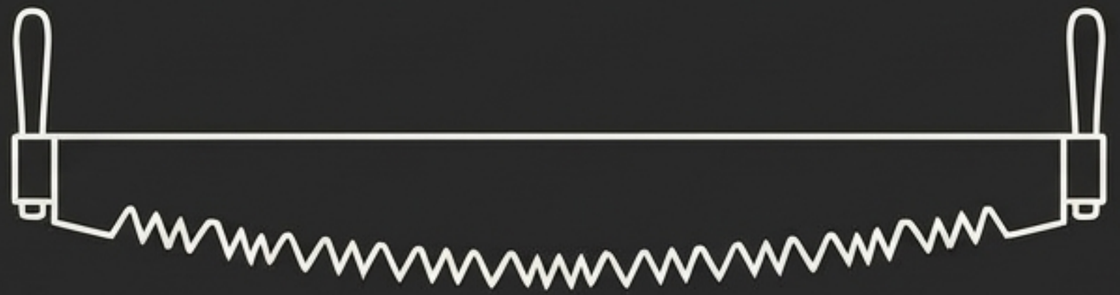


“A Mind Like the River Ganges”
in Cormorant Garamond (HEX #2E2E2E)

Suppose a person came with a blazing torch to burn the river Ganges. Could they succeed? No. Because the river Ganges is deep and limitless. Your mind can be just as unperturbed. in Inter (HEX #2E2E2E)

NotebookLM

The Simile of the Saw



Even if low-down bandits were to sever you limb from limb with a two-handed saw, anyone who had a malevolent thought on that account would not be following my instructions.

‘Our minds will not degenerate... with a heart of love and no secret hate.’

NotebookLM

If you frequently reflect on this advice... do you see any criticism, large or small, that you could not endure?

So, mendicants, you should frequently reflect on this advice on the simile of the saw. This will be for your lasting welfare and happiness.

NotebookLM